

# Summer training 2018

Ideal for runners who can do 10k in 40 to 60 mins

## TUESDAYS

Hills, sprints and speed work

27-Mar	6.15 pm	St. Martins main car park
03-Apr	6.15 pm	St. Martins main car park
10-Apr	6.15 pm	Reservoir south car park
17-Apr	6.15 pm	Reservoir south car park
24-Apr	6.15 pm	Vauxbelets lower car park
01-May	6.15 pm	Vauxbelets lower car park
08-May	6.15 pm	Sausmarez park back car park
15-May	6.15 pm	Sausmarez park back car park
22-May	6.15 pm	Vale pond car park
29-May	6.15 pm	Vale pond car park
05-Jun	6.15 pm	Imperial car park
12-Jun	6.15 pm	Imperial car park
19-Jun	6.15 pm	Grandes Rocques
26-Jun	6.15 pm	Grandes Rocques
03-Jul	6.15 pm	Pembroke
10-Jul	6.15 pm	Pembroke
17-Jul	6.15 pm	Vazon Richmund
24-Jul	6.15 pm	Vazon Richmund
31-Jul	6.15 pm	Rouse
07-Aug	6.15 pm	Rouse
14-Aug	6.15 pm	Bordeaux
21-Aug	6.15 pm	Bordeaux
28-Aug	6.15 pm	L`Eree (opposite Indian)
04-Sep	6.15 pm	L`Eree (opposite Indian)
11-Sep	6.00 pm	Footes Lane
18-Sep	6.00 pm	Footes Lane

## THURSDAYS

Cliff path running

29-Mar	6.15 pm	Jerbourg
05-Apr	6.15 pm	Jerbourg
12-Apr	6.15 pm	Gouffre
19-Apr	6.15 pm	Gouffre
26-Apr	6.15 pm	Pleinmont top car park **
03-May	6.15 pm	Pleinmont top car park **
10-May	6.15 pm	Moulin Huet
17-May	6.15 pm	Moulin Huet
24-May	6.15 pm	Petit Bot
31-May	6.15 pm	Petit Bot
07-Jun	6.15 pm	Bathing Pools
14-Jun	6.15 pm	Bathing Pools
21-Jun	6.15 pm	Icart
28-Jun	6.15 pm	Icart
05-Jul	6.15 pm	Jerbourg Monument
12-Jul	6.15 pm	Jerbourg Monument
19-Jul	6.15 pm	Corbiere
26-Jul	6.15 pm	Corbiere
02-Aug	6.15 pm	Herm consistency run
09-Aug	6.15 pm	Petit Bot
16-Aug	6.15 pm	Jerbourg
23-Aug	6.15 pm	Jerbourg
30-Aug	6.15 pm	Gouffre
06-Sep	6.15 pm	Gouffre
13-Sep	6.00 pm	Icart
20-Sep	6.00 pm	Icart

\* \* Furthest car park past the TV mast

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Tuesday runs are speed work, hills and sprints.

Thursdays are cliff runs, usually 20 mins out and run back

With an option of speed work on the hills and steps.